



January 2020 Reiki Newsletter

Welcome to 2020 everyone! Very excited about this New Year! So far this year, I've reached 1000 videos on YouTube! This is a lot of videos! My next large milestone is 20 million views :) Will be adding more sessions and programs like the Energetic Program below. For Reiki practitioners more attunements are coming!

Wishing everyone a wonderful year full of all good and positive things/experiences!

Thank you for letting me be part of your lives!



Energetic Protection Plan Special - \$45.00

Energetic Protection Plan

This plan has taken over one year to write and film!

Energetic protection is about keeping your energy intact and safe while keeping other people's vibrations out. This is so important, because most of what we feel isn't our own stuff, but the emotions, pains, and sufferings of others. When we take on frequencies from others, we can become tired, overwhelmed, and eventually sick. Besides taking on energies from others, we need to protect ourselves from people who will steal our energy (energy vampires).

To help people with these issues I have written a manual that details the tools and exercises that I use to protect myself daily. I use these techniques not only on myself, but on my family as well and would like to share these with you.

This manual not only includes many exercises and tools to use, but they also include 7 exclusive and powerful videos to help protect yourselves and your

families. Click the link below to learn more about what is in the manual and what videos are included.

Energetic Protection Plan



January Reiki Sunday Special - \$65.00

Sunday Specials Are Back

Am kicking off this year with the January Reiki Sunday Specials! These were a favorite of mine from last year and am continuing them for this year. The energy in these two 60 minute sessions are intense and not something I can do daily for groups.

That's why for a limited time I am offering a January Reiki Sunday Special! For 2 Sundays in January (1/19/20 and 1/26/20) will send Reiki to everyone who has purchased this special for an hour, with the intention that the Reiki reaches you at 8pm your time and goes towards your highest good. These sessions will be intense, so prepare to rest or go to sleep afterwards!

In order to offer this, this Special will only be available for purchase until 1/19/20.

The special price is \$65.00 for both sessions.

For more information click on the link below.

January Reiki Sunday Special



New Instructions to Receive Free Reiki*

To receive the Reiki (on Sunday, 1/12/20 8:00pm EST), send an email to:

ReikiLourdes2019@gmail.com

Please note that this email is only for free Reiki use. Please direct all other emails to me via this [link](#)*. If you send an email to another one of my email addresses, you will NOT be included in the free Reiki session.*

The Reiki sent this month is for Reiki for the Highest Good of All (title is from [sponsored video](#) with the same title. Many thanks to the benefactor.

This Reiki will reach you even if you are busy doing something else. You may share this information with others who would like to sign up for free Reiki. If you are signing up someone else, please get their permission first.

You can sign up to receive it until 7:59pm, EST on Sunday, 1/12/20. Here is a [link](#) to a time converter for those in other time zones.

Blessings, Lourdes

*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.



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